

CLAIMS:

1. An exercise apparatus comprising;
 - (a) an arch-shaped bench having a base for supporting the bench on a ground surface, and
 - 5 (b) a leverage bar suspended below the bench by a pivot connection positioned at a high point of the bench, said leverage bar extending towards both ends of the bench with a first end of the leverage bar extending beyond a first end of the bench and being provided with a weight bar, and
 - 10 (c) gripping handles mounted on the first end of the leverage bar between the first end of the bench and the weight bar, the arrangement and construction being such that a person lying on the bench in a prone position can perform stomach and lower back exercises by gripping the gripping handles and curling their trunk against resistance provided by the
 - 15 leverage bar.
2. Apparatus as claimed in claim 1 wherein the gripping handles are configured to provide optional gripping positions.
3. Apparatus as claimed in claim 1 wherein the gripping handles
- 20 support a head rest and a leg roll.
4. Apparatus as claimed in claim 1 wherein a second end of the leverage bar supports a counterweight bar.
5. Apparatus as claimed in claim 1 wherein a second end of the bench opposite the first end mounts a pivotable knee roll.
- 25 6. Apparatus as claimed in claim 4 wherein the base of the second end of the bench is provided with a pair of hand grips.
7. Apparatus as claimed in claim 5 wherein the knee roll is height adjustable.
8. Apparatus as claimed in claim 1 wherein a section of the bench
- 30 adjacent the first end thereof is adjustable on an incline.